

## KS2 RE Quiz Buddhism

**Buddhism focuses on spiritual development** in order to reach Enlightenment. Buddhism is an ancient religion - over 2,500 years old! Buddhists believe that wisdom can be learned by observation, by looking at the way things are, and that people are responsible for their own spiritual development.

See how much you know about Buddhism by trying this quiz.



### 1. Whose teachings are the foundation of Buddhism?

- Confucius
- Siddhartha Gautama
- Mohandas Gandhi
- Pali

### 2. Which one of these is NOT one of the Four Noble Truths?

- Human suffering is caused by greed and selfishness
- Life is full of suffering
- There is only one God
- It is possible to change human life and find happiness

### 3. Where does the Eightfold Path lead?

- To heaven
- To Enlightenment, or Nirvana
- To Dharma
- To rebirth

**4. Which symbol is used to represent the Noble Eightfold Path?**

- The lotus flower
- The image of Buddha
- The Dharma Wheel
- The deer

**5. What is Dharma?**

- The teachings of the Buddha
- A statue found in a Buddhist temple
- A person's past actions
- A symbol of Buddhism

**6. A Buddhist place of worship is a...**

- Church
- Mosque
- Gurdwara
- Vihara

**7. In Buddhism, the lotus flower represents...**

- Rebirth
- Perfection
- Purity
- Strength

**8. In which country did Buddhism begin?**

- China
- India
- Japan
- Malaysia

**9. Buddhists spend much time in meditation. What is meditation?**

- Meditation is exactly the same as prayer
- Time spent relaxing
- Time spent training the mind to become aware
- Time spent solving problems

**10. Buddhist teachings are found in the...**

- Bodhisattva
- Vedas
- Bible
- Tripitaka

## KS2 RE Quiz Buddhism

### 1. Whose teachings are the foundation of Buddhism?

- Confucius
- Siddhartha Gautama
- Mohandas Gandhi
- Pali

*Siddhartha Gautama is believed by Buddhists to have achieved Enlightenment. He is more commonly referred to as the Buddha, which means the 'awakened one'.*

### 2. Which one of these is NOT one of the Four Noble Truths?

- Human suffering is caused by greed and selfishness
- Life is full of suffering
- There is only one God
- It is possible to change human life and find happiness

*Buddhists do not believe in a personal god (a god with whom people can have a relationship). The fourth Noble Truth is that the way to change life is by following the Noble Eightfold Path.*

### 3. Where does the Eightfold Path lead?

- To heaven
- To Enlightenment, or Nirvana
- To Dharma
- To rebirth

**4. Which symbol is used to represent the Noble Eightfold Path?**

- The lotus flower
- The image of Buddha
- The Dharma Wheel
- The deer

*The Dharma Wheel, or Dharmachakra, represents the cycle of birth and rebirth. A wheel with eight spokes reminds Buddhists of the Eightfold Path.*

**5. What is Dharma?**

- The teachings of the Buddha
- A statue found in a Buddhist temple
- A person's past actions
- A symbol of Buddhism

*Dharma can also mean 'nature' and 'truth' – the Buddha's teachings are considered to describe the truth of the way things are.*

**6. A Buddhist place of worship is a...**

- Church
- Mosque
- Gurdwara
- Vihara

*Vihara is the name for a Buddhist monastery – they were originally built as shelters for wandering monks*

**7. In Buddhism, the lotus flower represents...**

- Rebirth
- Perfection
- Purity
- Strength

*The lotus plant grows from the bottom of a muddy pool towards the light - its white flower symbolises purity, which blossoms into enlightenment.*

**8. In which country did Buddhism begin?**

- China
- India
- Japan
- Malaysia

**9. Buddhists spend much time in meditation. What is meditation?**

- Meditation is exactly the same as prayer
- Time spent relaxing
- Time spent training the mind to become aware
- Time spent solving problems

*When practising meditation, Buddhists train their minds to ignore distractions (including distracting thoughts), in order to become aware of what is truly important.*

**10. Buddhist teachings are found in the...**

- Bodhisattva
- Vedas
- Bible
- Tripitaka